@Haypsych

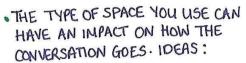
TO HELP YOU HAVE

DIFFICULT CONVERSATIONS

PREPARATION IS KEY.

IT CAN BE HELPFUL TO JOT DOWN KEY POINTS IN PRIORITY ORDER IN ADVANCE.

·YOU'LL BE LESS LIKELY TO BE THROWN OF COURSE. _ [...]



- · PRIVATE MEETING ROOM
- · LOCAL COFFEE SHOP
- · WALK AND TALK
- · SIT IN LOCAL PARK





PERFECT

· HAVE A DRY-RUN WITH A TRUSTED COLLEAGUE OR YOUR COACH. THIS CAN HELP:

- · REDUCE YOUR FEAR
- · GIVE YOU FEEDBACK ON YOUR STYLE
- . HONE YOUR MESSAGE 2233



IMPORTANT

- · HAVE ONE OR TWO DETAILED EXAMPLES TO ADD WEIGHT TO THE POINT YOU'RE MAKING.
- · THESE SHOULD BE RECENT AND FIRST-HAND ACCOUNTS



· WHEN YOU'VE SAID YOUR INITIAL PIECE THEN STOP.

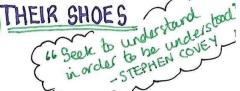
- · ALLOW THE OTHER PERSON TO REFLECT AND TAKE IT IN.
- . IF YOU FIND IT DIFFICULT, PUT A REMINDER TO YOURSELF, SUCH AS A POST-IT WITH THE WOLD 'QUIET!'

SILENCE IS GOLDEN

HOW WOULD YOU FEEL TO HEAR THE FEEDBACK YOU HAVE TO GIVE? WHAT WOULD MAKE IT EASIER FOR YOU TO ACCEPT?



PUT YOURSELF IN





ENVIRONMENT IS IMPORTANT